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ADMINISTRATION

ASSISTANT PHYSICIANS ASSOCIATION 1-1

IN OHIO the Association of Assistant Physicians of Ohio State Hospitals has met once or twice a year for fifty years, and proven itself a good organizational medium for keeping physicians in touch with each other's activities and ideas. The Association met at Columbus State Hospital in November and took up such matters as total push therapy, psychological methods of detecting brain tumors, lobotomy technics and results, and other subjects. Ohio's Commissioner Calvin L. Baker has recommended it meet four times a year. J. Fremont Bateman, M.D., MHS Consultant, suggests that other state hospital systems might find such an organization similarly useful.

ORGANIZATIONAL ADVANTAGE 1-2

APPLICATIONS FOR STAFF MEMBERSHIP exceed available positions at Ingleside Home, Inc., a private 125-bed hospital in Cleveland, Ohio. This unusual situation is not due to a recruiting campaign, Administrator George H. Holmes states, but rather to the adoption of a modified version of the organization plan of the American College of Surgeons. It is the only voluntary mental hospital in Cleveland proper, and the only mental institution in the area where a physician does not relinquish his patient to hospital staff doctors when the patient is admitted.

ADMINISTRATION CLARIFIED 1-3

THE DIVISION OF MENTAL HYGIENE in Ohio is, by law, an administrative unit of the Department of Public Welfare. The fact that it had no separate budget until recently resulted in dissatisfaction and frequent resignations of key personnel.

The last legislature did not respond to a departmental request for a separate budget, but it did authorize independent administration for each division withio the department under the over-all direction and control of the Director of the Department.

The Director then issued an Executive Order separating mental hygiene funds from the gross budget of the Department. Now the Mental Hygiene Division knows where it stands budgetwise, and conflicts in function and responsibility are eliminated.

WARD SUPERVISION 1-4

THE UNIT SUPERVISOR SYSTEM for ward personnel used at Western State Hospital, Staunton, Va., allows each supervisor to know his patients, attendants, and ward conditions so thoroughly that he can make recommendations to the physicians concerning transfers and ground privileges. It further enables the hospital administration to fix specific responsibility.

The unit supervisor is either a registered nurse or a top grade attendant. Each has complete charge of his unit and is directly responsible to the superintendent of nurses. A relief supporter is available for absences.

Each unit supervisor makes thorough rounds twice a day or night, and is called in when any unusual happening or accident occurs. He sees each patient twice a day and reports any illnesses or injuries to the physician in charge and the superintendent of nurses. Although each ward has a charge attendant, the unit supervisor is responsible for the conduct and performance of duty of all personnel under him. He is also responsible for securing ward repairs, supplies, and clothing.

All routines are worked out together by the superintendent of nurses, the instructor, and the unit supervisor, and the latter must see that they are carried out. The number of wards in each unit varies with the type of service. For example, where individual treatment is given, a unit might consist of very few wards, while other units might have up to seven.

VOLUNTEERS

MEDICAL SOCIETY LADIES AUXILIARY HELPS OUT 11-6

VOLUNTEER CLERICAL AND RECORDING SERVICES are provided N. J. State Hospital at Trenton by members of the Ladies Auxiliary of the Mercer County Medical Society. In addition this group participates in the more usual occupational and recreational therapy and nurse's aide activities.

MANY USES FOR VOLUNTEER PERSONNEL 11-5

FOLK AND BALLROOM DANCING, choral singing, instrumental music, drawing and painting are included in the Raleigh, N. C., State Hospital recreation program. The volunteer staff to support the program was secured through the American Association of University Women and is comprised of professional musicians, artists, and teachers in Raleigh. Before they undertook the work, the volunteers were oriented to their jobs by hospital staff members, particularly by the heads of the Recreation and Occupational Therapy Departments. Under the expanded program, some 30 patients enrolled in painting and the hospital now has a small patient orchestra which plays for weekly dances.

Nearby universities within a 50-mile radius (Wake Forest, University of North Carolina, North Carolina State College) cooperate in several ways. Graduate and senior psychology students give psychometric tests under the direction of the hospital psychologist. First year medical students (some of them are paid) participate in the physical education-recreation therapy program. These students are invited to staff meetings and lectures to stimulate their interest in psychiatry. Several have returned after completing their sophomore year to serve as externes on a sub-professional level.

The universities also supply the hospital patients with blocks of tickets to sporting events.

Other examples of community cooperation at Raleigh: The Director of Parks permits regular visits of groups of patients, who ride the merry-go-round, roller skate, etc., free of charge. The Film Exhibitors' Bureau in Charlotte, N. C., supplies commercial films free of charge. The hospital was able to take 500 patients to the State Fair. At its last showing in Raleigh, Ringling Brothers—Barnum and Bailey Circus donated 175 passes to the Hospital. Dr. Edward N. Pleasants, Superintendent, writes that the patients greatly enjoy these social functions, and "are quite impatient with and distressed by anyone of their group who in any way causes difficulty."

PERSONNEL

ATTRACTING PERSONNEL 9-2

CROWNSVILLE STATE HOSPITAL (Md.) has had better success in hiring attendants this year than ever before, largely due to its recruiting program. Besides local radio

announcements and newspaper advertising, the State Employment Commissioner cooperated by informing jobless applicants of the hospital's vacancies. Recently increased salaries for attendants and new housing facilities made recruitment easier.

DISPLACED PERSONS 9-3

"I WOULD NOT RECOMMEND making our hospital centers for displaced persons, but a very small number could well be absorbed by many of our institutions," Dr. H. F. Hoffman, Superintendent, Allentown State Hospital, Pa., writes. His hospital has employed two displaced persons as ward attendants and one in carpentry with favorable results.

TESTING TECHNIC 9-1

A NEW TESTING TECHNIC to examine applicants for attendant jobs in mental hospitals has been developed by the Illinois State Department of Public Welfare.

Following a short written test, each candidate is interviewed orally by a board composed of a nurse and a psychologist, or a nurse and a psychiatric social worker. Six photographs depicting various attendant-patient relationships are shown the applicants. The pictures portray an attendant scolding a patient, attempting to stop a disagreement, etc. In discussing the photos, the candidates reveal attitudes and reactions toward actual work situations. The responses are rated according to their desirability or undesirability.

Approximately 2,200 applicants took the test in November. It was felt the new procedure enabled the examiner to appraise the individual and determine whether he had the abilities needed to work with mental patients.

CONSTRUCTION

RADIANT HEATING 12-4

SUCCESSFUL EXPERIENCES with radiant heating in mental hospitals have been reported by the North Carolina Hospitals Board of Control. Tempered coils built into the floor of a new dayroom for epileptic children allow the youngsters to sit and play on the floor or to run about barefoot. Since hot air units supply the principal heat for the building, the temperature is not entirely dependent on the floor coils. Glass block construction to facilitate lighting has also been used extensively.

Of two buildings now under construction in Goldsboro, bids on one using radiant heat ran considerably lower than bids on the other which has conventional heating with recessed and cast iron radiators. Recessing and covering the radiators added more to the construction costs than the newer type of heating did.

Radiant heating is now in use throughout the building for disturbed men at the State Hospital at Raleigh. Tempered air, which is supplied through the wards by two heating units, creates a positive pressure to give the necessary ventilation.

INTEREST SAVED ON BOND ISSUE 12-3

A $35,858,675 PUBLIC BUILDING PROGRAM, which includes mental hospitals, was approved by an extraordinary session of the Oklahoma legislature last month. The construction is being financed by bonds, callable within 15 years. State departments with surpluses on hand will purchase part of the issue, thus saving considerable interest. The bond issue will be reclaimed by earmarking 2¢ of the present cigarette tax for it. The collections had formerly gone into a general fund. Gov. Roy J. Turner inaugurated the committee to raise the money. Groups of legislators and engineers inspected all institutions and rendered joint opinions before the financial request was submitted.

CONDEMNED FIRE TOWERS PUT TO PATIENT USE 12-2

LEFT WITH SIX WHITE ELEPHANTS in the form of fire towers which had been condemned by state authorities, Allentown State Hospital (Pa.) has reconverted them to house 48 beds for less than $30,000. The operation involved tearing out the stairs and pouring concrete slabs on the floor levels of the ward buildings. This resulted in twelve 200-square foot alcoves to hold four beds each.

STAFF HOUSING 12-1

NINE FOUR BEDROOM cottages for physicians and key personnel are nearing completion at Crownsville State Hospital in Maryland. Located on the hospital grounds, each cottage has a living room, dining room, two bedrooms, kitchen and bath on the first floor, and two bedrooms and bath on the second.

Two 12-unit apartment houses are also under construction for married couples without children. Each apartment contains a bedroom, bath, and a large utility room for use as living-dining room and kitchen.

TRAINING

SEMINARS BUILD STAFF 10-2

A SERIES OF WEEKLY psychiatric seminars, introducing leaders in psychiatry and allied professions to the staff, has been instituted at Boston State Hospital, Boston, Mass. All members of the professional staff, including doctors, residents, medical students, nurses, psychiatric social workers, occupational therapists, and psychologists as well as physicians on the visiting staff and in the community are invited to attend.

The philosophy behind the seminars and other aspects of Boston State Hospital's educational program is that doctors interested in psychiatry will remain in an institution that offers an opportunity for professional growth and a chance to treat patients successfully.

Recent speakers have included Harry Solomon, M.D., Medical Director, Boston Psychopathic Hospital, on "Investigative Interests at the Boston Psychopathic Hospital," John Murray, M.D., President, Boston Psychoanalytic Institute, on "Psychoanalytic Psychotherapy," Francis M. Rackemann, M.D., Senior Visiting Physician, Boston State Hospital, on "Medical Clinic in Allergy," Professor Robert Bales of Harvard University, on "Theories and Observations of Group Interaction."

NURSE TRAINING 10-1

A RECENT SURVEY SHOWS that about 35% of the 4000 nurses who have graduated from the New York State Department of Mental Hygiene's nursing schools since 1921 have become registered nurses in psychiatric hospitals. About 74% of the 1500 nurses now on duty in the State's 27 mental hospitals are graduates of these schools.

In September the Department enrolled 360 new students, nearly half of them men, in its 18 schools. The three year course includes one year of affiliation in general hospitals. In addition, the Department conducts a three months' course in psychiatric nursing for students of affiliated general hospital and collegiate schools. More than 20,000 have received this training.

FOOD

MEALPACK CONVEYOR 6-1

AFTER TEN MONTHS EXPERIENCE with the Mealpack conveyor for serving food, Highland Hospital (Duke University), Asheville, N. C., has found a number of advantages and disadvantages in its use.

The Medical Director, Dr. R. Charman Carroll, notes that it is convenient for serving special diets since each container can be labeled individually. It also keeps food hot up to two and a half hours. The system eliminates the need for a fully equipped diet kitchen and concentrates the work of food preparation, service, dish washing, and clean up. The Mealpack is convenient in locations with level hallways and elevator service as the cart can stop in front of rooms while the tray is taken in, and empty trays can be collected on the return trip.

On the negative side, the system requires extra equipment, storage space, and special cars. A high breakage has been found with Pyrex dishes. The clamps on the Mealpack come off easily and do not seem to be well bradded on the inside. In some instances, containers had to be repaired within three months time. The cost of paper used in the packing container is another disadvantage. Much detail is required in serving and packing. Some dehydration has been noted in food prepared far in advance, and easily cooked foods, such as eggs, require much care in serving.

RESEARCH

THERAPY PROJECTS 14-2

BRIEF STIMULUS SHOCK is administered by a Reiter electric shock machine at New Jersey State Hospital in Trenton. Nonconvulsive electric stimulation is also given by a newer type Reiter machine and a study of the relative efficacy of the two instruments is in progress.

Sub-coma insulin was instituted in September 1949 to a select group of patients on a research basis.

A scientifically controlled program of research on the use of Antabuse with a large group of male and female alcoholics is also being conducted with promising results to date.

The hospital maintains a full-time program of insulin and electric shock therapy in conjunction with an active fever therapy program.

Histamine treatment of the psychotic (Hill's method), which has been used since 1939, is being continued on a small scale.

NEW RESEARCH HOSPITAL 14-1

THE NEW STATE RESEARCH HOSPITAL at Galesburg, Ill., scheduled to receive its first patients in June, will be a major center for the study of problems of mentally ill old persons. Richard J. Graff, M.D., formerly head of Peoria State Hospital, will be Superintendent. The 2000 patient population will include 1500 carefully selected from the old age group, a group of young people—many of them teen age psychotics—selected for special research, and about 250 alcoholics.

EDITORIAL COMMENT • NEWS • NOTES OF GENERAL INTEREST

ABOUT THIS BULLETIN

The first issue of the Bulletin is largely experimental, and subject to revision according to the wishes of its readers.

In working out the format, the Consultants and Staff thought that subscribers would want an easy to read publication containing many brief items rather than a few long ones. These items, for the most part, are condensations of fuller information received from subscribers and other sources. Further details about them are available on request.

Within budget limits, the Bulletin will vary from 4 to 12 pages, depending on the amount of information received. The response to our first call for news was most gratifying.

The punch holes, of course, are to facilitate filing the Bulletin in an ordinary looseleaf notebook. The technical items are numbered for filing purposes, and for your convenient reference in requesting further data.

Our budget allows for supplying one copy of the Bulletin to each subscriber. Many subscribers will no doubt want to receive several copies regularly to circulate among their staffs. If the demand is heavy it may be necessary to charge a modest fee for extra copies. For the time being it would help greatly if subscribers would let us know promptly how many extra copies they need.

The Bulletin is published monthly for subscribers to the A.P.A. Mental Hospital Service, American Psychiatric Association, 1624 Eye Street N.W., Washington 6, D. C.

Subscribers may request further details about any item appearing in the Bulletin. A post card request with reference to the number of the item is sufficient.

All subscribers are urged to contribute items to the Bulletin about developments in their hospitals.

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M.H.S. Regional Representatives: Selected to represent different types of mental hospitals, institutions, and government services in all States and Canadian Provinces. List available on request.

We hope also that all readers will tell us immediately what they think of the Bulletin, its style and content. Most important, if this first issue suggests news items from your hospital that would be helpful to other institutions, please let us have the full details for an early issue.

SERVICE TO RELY HEAVILY ON REGIONAL REPRESENTATIVES

At least one Regional Representative from each State, Canadian Province, and Federal Service, has been asked to serve the A.P.A. Mental Hospital Service in various practical ways: by reporting significant hospital developments, assisting in locating specialized information, acting as a "friendly critic," and serving generally as a corresponding consultant.

The Regional Representatives have been selected by the M.H.S. Consultants not on a geographical basis alone, but also because they represent different types of institutions and different aspects of hospital care. For that reason some areas will have more Representatives than others.

So far 48 of those asked have signified their willingness to serve. A list of the Regional Representatives will be furnished with the next issue of the Bulletin.

PSYCHIATRISTS' ADVICE ON HILL BURTON EXPENDITURES DESIRABLE

Federal funds available to States for hospital construction under the Hill-Burton Hospital Survey and Construction Act (Public Law 725) are administered on the Federal end by the U. S. Public Health Service (Dr. John Cronin, Chief, Division of Hospital Facilities) and on the State end by agencies, all but nine of which are State Health Departments. These agencies and departments are assisted by advisory councils. Although these councils include physicians, we are informed that so far they have not included psychiatrist members.

Hill-Burton funds are now being utilized in over 45 instances for mental hospital construction. The law has been amended by Public Law 380 to double the amount of Federal funds to be made available in the next six years. The amendments also permit greater flexibility in the amount the Federal government may contribute (from one-third to two-thirds of the total). Thus, it may be anticipated that an increasing proportion of these funds will be used for mental hospitals. The overall formula is that Federal funds may be used to assist States in providing beds for mental patients up to five beds per thousand population.

This vast program is a matter of great interest and concern to mental hospitals and A.P.A. members generally. It is suggested that as vacancies occur on State advisory councils, such practical steps as possible be taken to ensure that psychiatry is represented on them.

The Mental Hospital Service is prepared to consult with subscribers or obtain detailed information on any aspect of the Survey and Construction Act and its administration.

EDITORIAL

This Bulletin inaugurates the A.P.A. Mental Hospital Service, made possible by a two-year grant from the Commonwealth Fund.

We, of the American Psychiatric Association, will administer the Service. But the subscribers themselves will furnish most of its content. It is their Service. After a suitable launching period, they will decide whether it merits sufficient support to make it permanent and self-sustaining.

Here for the first time is an opportunity for mental hospitals and institutions in the United States and Canada to pool and share facts, figures, ideas, opinions, practices, and experiences.

If in the course of a year the Service does no more than help a hospital subscriber obtain a new staff member, or suggest a short cut, a piece of equipment, or a clinical procedure that will speed a single patient's recovery—then it will have served that subscriber in good stead.

The long range implications are of even greater importance. Over a period of time, data accumulated, sifted, analyzed, and organized for clear presentation will help point the way to the solution of fundamental problems.

What is to be done with our old people in mental hospitals? What role should the general hospital play in caring for the mentally ill? What is the alternative to the exposé method of awakening public conscience? Should the Federal Government come to the financial aid of mental hospitals? Exactly what functions in a hospital may be performed by non-medical personnel without sacrificing medical standards?

The Service will give continuity to the development of an integrated, continent-wide attack on these and other major problems. The objective is bold. It will take time to achieve. It will demand hard work from all who participate in the endeavor.

GEORGE S. STEVENSON, M.D.
President, A.P.A.

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COPIES OF BETTER CARE IN MENTAL HOSPITALS AVAILABLE

Subscribers will be interested in reading the reviews of the book BETTER CARE IN MENTAL HOSPITALS to appear soon in various professional journals. The book, containing the proceedings of the First Mental Hospital Institute held in Philadelphia last April—and much other useful data—has been enthusiastically received everywhere.

All who attended the Institute received a copy free, and nearly 500 copies have been sold in the past two months. A number of hospitals and agencies have ordered from five to 20 copies of the book. Recently we received an order for five copies from Bombay, India.

All hospitals will benefit from widespread circulation of this book among hospital staffs and personnel connected with the hospital—trustees, volunteer workers, community leaders, and the like. Copies available from this office at $3 each (10% discount on orders for five or more copies).

COMMENTARY

Books
Pamphlets
Reports
Periodicals

Each month in this column we propose to call attention to various published materials we believe will interest our readers. All subscribers are asked to send us sample copies of items they think worth mentioning here.

Two outstanding hospital studies have been published in the past two months. In Virginia the Governor's Reorganization Staff has issued its *Report on the Department of Mental Hygiene and Hospitals and Mental Institutions,* commonly referred to as the "Duke Report." This 160-odd page mimeographed document is constructive throughout and notes many of the advances being made in Virginia's hospitals as well as the deficiencies. It makes 22 major recommendations, recognizes the urgency of mental hygiene needs and would give priority on available funds to meet them.

In New York State, Columbia University has published *A Pattern for Hospital Care,* by Eli Ginzberg, this being the final report of the New York State Hospital Study undertaken by the University under contract with the State. The 368-page book is a comprehensive evaluation of the N.Y.S. hospital system as it affects patient, doctor, government, and community at large. A substantial section of it is devoted to psychiatric care.

Both reports were given widespread publicity in State newspapers. Such a solid, constructive technic for presenting hospital problems to the public is in marked contrast to the scare-scandal type of exposé mental hospitals have come to know so well in recent years.

All doctors will want to see "Review of Psychiatric Progress 1949" which appears in this month's issue of the *American Journal of Psychiatry.* The succinct summary of significant developments in administrative and forensic psychiatry by M.H.S. Consultant Dr. Winfred Overholser, will be of particular interest.

The December issue of *Modern Hospital* carries an article entitled "The Doctor Prescribes Beauty" describing the success of the Vanity Shop at Napa State Hospital, Imola, California. The shop gives 42 treatments a day, and the cosmetology is handled almost entirely by patients as part of the occupational therapy program. The article notes that many patients land jobs as beauticians after discharge.

Huntington State Hospital (W. Va.) has sent us an interesting "Patient's Manual for Group Psychotherapy" which it gives to new patients to help them understand the purpose of their stay in the hospital, dispel common illusions and old wives' tales about mental illness, and orient them to the concept of mental illness and its relationship to personal fears, jobs, religion, habits, marriage, the community and the like. Dr. V. J. Daly, the Hospital's Chief Clinical Psychologist, prepared the 43-page mimeographed booklet. The style is direct, candid, non-technical, sympathetic.

Albert Deutsch in the January issue of *Woman's Home Companion* discusses the growing load of elderly patients in mental hospitals and their problems.

PATIENTS

TOTAL PUSH FOR EPILEPTICS 17-2

VEGETATING EPILEPTIC PATIENTS at the New Jersey State Village at Skillman responded favorably to a total push program, which operated from January to November 1949 under the Director of Education assisted by eight psychiatric aides.

Patients from one girls' unit and two boys' units were selected for special training in dressing, feeding, speech, walking, socialization, and toilet training (including appearance and personal hygiene for some).

Substantial improvement was shown in all areas except speech. The range of improvement varied from a fairly low to a high degree, but even those who showed only a slight change required less custodial care as a result. A higher percentage of continency, for example, permitted more wholesome outdoor activities.

Socialization, which included learning to work and play individually and together, eliminated or reduced many poor habits and increased pleasant attitudes. By putting shoes on the children, the aides corrected improper walking habits. Five boys benefited enough from the program to enroll in school. (We hope to report later on how well the patients held their gains.)

NEW UNIT FOR CHILDREN 17-3

THE FIRST OHIO CHILDREN'S UNIT for mentally disturbed youngsters will open this month at Longview State Hospital, Cincinnati. The unit, which has a maximum capacity of 60 boys and girls from 6 to 15 years, is set up in a building which formerly housed tuberculous patients.

The special staff includes a child psychiatrist, psychologist, social worker, and recreation therapist. Visiting teachers from the public schools will work with the children part time.

Admissions will be limited to recommendations of the Bureau of Juvenile Research in Columbus or an equivalent facility and to transfers recommended by the Longview Hospital Superintendent. All admissions are subject to the order of the commissioner of mental hygiene.

If the children's unit idea proves successful, enlargement of the Longview Unit and organization of similar facilities in other hospitals is contemplated. We would like to hear what special arrangements for children other hospitals have made.

RECREATION

LIBRARY FOR BLIND PATIENTS 19-1

A "TALKING BOOK" PROGRAM for blind patients and those with impaired vision or reading disabilities was started at Eastern State Hospital, Williamsburg, Va., in November. A Talking Book Machine was loaned to the hospital by the Virginia Commission for the Blind, and a wide selection of records was secured from the Library of Congress, Washington, D. C., without charge.

Groups meet in the library, once a week to hear short stories, mysteries, humorous articles, plays, Christmas selections, etc. The venture is under the joint guidance of the social service department, the nursing service, and the library.

CLINICAL PRACTICE

SAVING PHYSICIAN'S TIME 13-1

A SYSTEM for keeping progress reports on each patient with minimum expenditure of time by the physician has been devised at Huntington State Hospital in W. Va. A specially trained attendant fills out a questionnaire giving significant information on the condition of each patient. This is submitted to the physician, and, if he approves it, the data are entered on the patient's progress report. The method provides a progress note every three months on continued treatment patients, and every month for other patients.

LEGISLATION

NEW LAW FACILITATES RESEARCH, PREVENTIVE WORK 2-1

OHIO LAW NOW PROVIDES that patients who can afford it are to be charged actual maintenance cost for State hospital care. Formerly the maximum charge was $5.50 a week; but now any amount received above that will be credited to the Division of Mental Hygiene which may use the money for research, education, and preventive work without further authorization by the legislature.

APPLICATIONS FOR HOSPITAL AWARD NOW BEING RECEIVED

Subscribers are invited to apply for the 1950 Mental Hospital Achievement Award. The Award is given annually by the American Psychiatric Association to one or more mental hospitals in the U. S. or Canada for the development of outstanding methods, technics, or practices for improving the care and treatment of patients. A statement describing the Award and how to apply for it is included with this Bulletin.